

# MAY 2023

Type Your School Name Here

## BREAKFAST



**School Information:** Type your school information here.



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Breakfast bar  
cereal , fruit ,juice  
Milk

1

Scrambled eggs  
Toast , Cereal  
Juice & milk

2

Biscuit & sausage  
Cereal ,fruit  
Juice & milk

3

Tornadoes , cereal  
Fruit , juice  
Milk

4

Cinnamon roll  
Cereal ,fruit  
Juice & Milk

5

Biscuits & saus. gravy  
Cereal ,fruit juice  
Milk

8

Oatmeal , toast  
Cereal , fruit  
Juice & milk

9

Fruit & yogurt parfait  
Toast ,cereal ,  
Juice & milk

10

Omelet ,toast , cereal  
Fruit , Juice  
Milk

11

Cinnamon roll  
Cereal , fruit  
Juice & milk

12

COOKS CHOICE

15

COOKS CHOICE

16

COOKS CHOICE

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26

**Memorial Day**

29

Type your text here

30

Type your text here

31



# MAY 2023

# MOSS PUBLIC SCHOOL



**School Information:** THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



**May is National Egg Month.** Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

## MONDAY

Corndog  
French fries ,carrots  
Fruit & milk

1

## TUESDAY

Pizza , salad ,  
Tomatoes , fruit  
Milk

2

## WEDNESDAY

Little smokies  
Mac. & cheese  
Gr.beans , carrots  
Fruit & milk

3

## THURSDAY

Cheeseburger ,Fries  
Fruit  
Cookie  
Milk

4

## FRIDAY

**Cinco De Mayo**  
Kates special  
(Rice,chicken & quesol)  
Chips & salsa ,ref. beans  
Apples &milk

5

Turkey sub sandwich  
Lettuce & tomato  
Fries , fruit  
Milk

8

Tamales ,ref.beans  
Chips & salsa  
Fruit  
Milk

9

Grilled ham & cheese  
Fries , veggie cup  
Fruit  
Milk

10

Soft pretzel w/cheese  
Yogurt , veggies  
Fruit  
Milk

11

Chicken strips  
Potatoes & gravy  
Steamed broccoli  
Roll ,fruit , milk

12

COOKS CHOICE

15

COOKS CHOICE

16

COOKS CHOICE

17

HAVE A GREAT  
SUMMER !

18

19

22

23

24

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Memorial Day

29

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31

